



The Intersection of
Faith & Mental
Health – Working
toward a common
purpose

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Pastor of Professional Counseling



CCC : A Working Model of Integration



A Brief History of CCC



Challenges to Building a Community Mental Health Center

Challenges.

History

Previous mistreatments, like such tragic events as the Tuskegee Syphilis study (Brandt, 1978).

Challenges.

Inferior Services

When it comes to mental health services, treatment is consistently reported to be inferior to the services received by whites (Redmon, Gelia, & Delva, 2009).

Challenges.

**Lack of
Culturally
Diverse Mental
Health
Professionals**

For Example:

There is a Dearth of Black Mental Health Professionals

- 2% of Psychiatrist
- 2% of Psychologist,
- 4% of Social Workers

In the United States (Surgeon General, 2001)

Challenges.

Cultural Perceptions

- Mental health problems are viewed as a sign of personal weakness rather than illness.
- Somatization, rather than seeking therapy, is a common form of coping among African Americans

Challenges.

Competing Entities

- Turn to extended family not professionals
- Seek guidance from religious figures (Broman, 1996)

Steps to Building the Center.

Steps Involved

- Support already existed
- Assess resources
- Secure volunteers
- Develop training program



Professional Services



What Types of Professional Services?

Key Relationships.



Trainees.



Key Approvals.



AMERICAN
PSYCHOLOGICAL
ASSOCIATION



Board *of*
Behavioral
Sciences

CCC's Mission.

To meet the mental health needs of the Church and the Community.

1

TREATMENT



Mental Health Services

Provide state-of-the-art, trauma-focused support in response to the mental health needs of the victims of urban violence, including but not limited to physical and sexual assault, crime-related trauma, and other traumatic events.

2

TRAINING



Education & Training

Provide education, training and consultation resources for mental health professionals, clinical staff, students and other related community-based organizations in the principles and practice of modern, innovative trauma therapy.

3

RESEARCH



Research Initiatives

Act as a collaborative conduit of relevant research and statistical data for consultation resources (mental health professionals, clinical staff, students and other community-based organizations), provide access to leading-edge treatment techniques as well as various policy initiatives related to treatment and mitigation of traumatic experiences within urban communities.

Who We Are, What We Do.



Champion Counseling Center (CCC) provides educational and counseling services to meet the needs of children, teens, adults, couples, and families.

1

Therapeutic Environment

Our trained staff and professional counselors offer the application of sound psychological practices with the context of a therapeutic environment.

2

Integration of Theology and Psychology

Trained in the integration of Theology and Psychology, we utilize proven, researched psychological and educational techniques that provide real-world solutions to the problems clients face.

3

Culturally Sensitive

Our interventions are culturally sensitive and individually tailored to help individuals, groups, and families reach their full potential

Counseling Services.



The flyer for Champion Counseling Center (CCC) features a large photo of a smiling couple on the left. The text 'BUILDING CHAMPIONS THROUGH CARING' is written vertically on the left side of the couple. At the top left is the CCC logo, which consists of a stylized 'C' with a flame inside, followed by the text 'Champion Counseling Center (CCC)'. Below the logo, the title 'Counseling Services' is written in a large, bold, serif font. Underneath the title, the phrase 'Providing support in a therapeutic environment.' is written in a smaller, italicized font. On the right side of the flyer, there is a smaller photo of a group of diverse people smiling. Below this photo, the text 'Champion Counseling Center (CCC)' and the tagline 'Building Champions Through Caring' are displayed. A paragraph of text describes the center's mission and services. Below this, a list of services is provided, followed by contact information and the center's affiliation with Faithful Central Bible Church.

Champion Counseling Center (CCC)
"Building Champions Through Caring"

The Champion Counseling Center provides educational and counseling services to meet the needs of children, teens, adults, couples, and families. Our trained staff and professional counselors offer the application of sound psychological practices within the context of a therapeutic environment. Trained in the integration of Theology and Psychology, we utilize proven, researched psychological and educational techniques that provide real-world solutions to the problems clients face. Our interventions are culturally sensitive and individually tailored to help individuals, groups, and families reach their full potential.

All services provided by appointment only
Services provided include:


- Individual Counseling
- Couples Counseling
- Child/Teen Counseling
- Pre-marriage Counseling/Workshops
- Marriage Counseling
- Relationship Assessment Tool - PREPARE/ENRICH
- Group Therapy
- Grief Counseling/Workshops
- Pastoral Consultation
- Abortion Recovery
- Prayer & Support
- Anger Management Classes
- High Conflict Parenting Classes
- Parenting Classes

Contact us
Champion Counseling Center (CCC)
333 West Florence Avenue
Inglewood, CA 90301
Phone: 310.846.3253
www.faithfulcentral.com/ccc
AN AFFILIATE OF FAITHFUL CENTRAL BIBLE CHURCH

Providing supportive counseling services to meet the needs of you and your family!

- ☐ Individual Counseling
- ☐ Couples Counseling
- ☐ Child/Teen Counseling

Counseling Services.



The flyer for Champion Counseling Center is divided into several sections. At the top left, it says "Building champions through caring." above a photo of a young man. To the right is a group photo of diverse people smiling. The top right features the center's logo. The middle left lists services provided by appointment, including individual, couples, and group counseling, as well as grief counseling and pastoral consultation. The middle right has the slogan "Support when you need it most." and the center's logo. The bottom right section, titled "Counseling Services", features a background of flames and the vertical text "BUILDING CHAMPIONS THROUGH CARING". Contact information is at the bottom.

Building champions through caring.

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- Abortion Recovery
- Prayer & Support
- Anger Management Classes
- High Conflict Parenting Classes
- Parenting Classes

Support when you need it most.

Counseling Services

Contact us
333 West Florence Avenue
Inglewood, CA 90301
Phone: 310.846.3253

- ☐ Group Therapy
- ☐ Grief Counseling Workshops
- ☐ Pastoral Consultation

Counseling Services.



Champion Counseling Center (CCC)

The Champion Counseling Center provides educational and counseling services to meet the needs of children, teens, adults, couples, and families. Our trained staff and professional counselors offer the application of sound psychological practices within the context of a therapeutic environment. Trained in the integration of Theology and Psychology, we utilize proven, researched psychological and educational techniques that provide real-world solutions to the problems clients face. Our interventions are culturally sensitive and individually tailored to help individuals, groups, and families reach their full potential.

Individual Counseling

When the stress of life becomes too difficult to deal with and coping strategies become taxing, the wise individual seeks additional resources. Even intelligent and creative individuals are not exempt from difficult circumstances and decisions weighing them down. Using one-on-one confidential sessions, the CCC will help you gain a deeper understanding of painful issues and give you strategies to overcome them. Individual counseling is a great way to help you live more productive life.



Child, Teen, and Family Counseling

Today our children and families experience unprecedented challenges and obstacles. Traditional nuclear families (i.e. mom, dad and a couple of kids), single parent, and blended families are all met with the challenge of building a better family life. Financial challenges, societal changes, and life circumstances can exact a demanding toll on the family.

At CCC, we partner with parents to help children and teens conquer and overcome trauma, stressors, and behavioral challenges. We understand child development and family dynamics. We seek to promote success at home, in school, and within the community. Our families benefit from therapy sessions that create a safe place to clear the air and work toward a family unit where everyone can thrive. Whether it's a child, teen, or family in trouble, we partner to promote and ensure healthy living.

Marriage and Couples Counseling

Marriage is one of the most important and satisfying relationships a couple can ever experience. And like any quality relationship, you have to nurture it to grow. A successful marriage takes an investment of time, effort, and commitment. At CCC, we offer a proven assessment tool to help married, pre-marital, and dating couples establish stronger relationships. We also offer workshops and counseling for couples seeking to achieve healthy, strong, and long lasting unions.

Classes and Workshops

Whether you are a mental health professional, a parent experiencing high conflict in co-parenting, or a person who has lost a loved one, our class and workshop offerings are a powerful resource for mental health professionals who desire continued education and clients seeking to refine skills to promote healthy living. **For more information contact the Champion Counseling Center by calling 310.846.3253.**

- ☐ Pre-marriage Counseling Workshop
- ☐ Marriage Counseling

Counseling Services.

Champion Counseling Center Offers
PREPARE/ENRICH
A Relationship Assessment Tool

 Champion Counseling Center

Relationships are
an adventure
it helps to have a map



CHAMPIONS
OF THE
HIGH CARING

Turn your relationship into a success story.

Nearly three million couples have already taken PREPARE/ENRICH and improved their chances for a successful relationship.

How does the program work?

You begin by taking the PREPARE/ENRICH online assessment to identify your current strengths and growth areas as a couple. You then meet with a trained facilitator who provides feedback to help you understand your results and introduce you to important relationship skills.

Is PREPARE/ENRICH right for your relationship?

Any long-term relationship can benefit from PREPARE/ENRICH. It doesn't matter whether you and your partner are dating, engaged, newlyweds, or have been married for years. If you're in a committed relationship, PREPARE/ENRICH will give you the tools you need for long-term success. Get started today!

- ☐ Relationship Assessment Tool
- ☐ Prepare/Enrich

Current CCC Organization.

Mental Health Professionals

- **Paid Staff**
- 2 – licensed clinical psychologists
- 1 – licensed marriage and family therapist
- **Volunteers**
- 13 – practicum and internship trainees
- Various licensed clinicians

Counseling Services.

Have you or anyone you know, been affected by abortion? For many, abortion is a secret silent sorrow. The reasons are numerous... Often the regret of abortion is hard. Many struggle and suffer in silence because their family, church and society do not know how to help.

Women who have experienced abortion may develop the following symptoms:

- Guilt • Grief • Anger • Anxiety
- Depression • Suicidal thoughts
- Eating disorders
- Drug and alcohol abuse
- Difficulty with relationships
- Emotional numbness
- Bouts of crying
- Lowered self-esteem
- Nightmares or flashbacks
- Discomfort around babies or pregnant women

How long ago? 40 days ago? 40 years ago?
It does not matter.

Never told anyone?
It's ok, we'll listen.

For further information please contact:

No Longer Bound
Abortion Recovery Ministry

Faithful Central Bible Church
333 West Florence Avenue
Inglewood, CA 90301

310.330.8000, ext. 3227
310.433.6008
Fax 323.344.1785

nolongerbound@faithfamily.org

8 The LORD is compassionate and gracious,
slow to anger, abounding in love.
9 He will not always accuse, nor will he
harbor his anger forever; 10 He does
not treat us as our sins deserve or repay us
according to our iniquities. 11 For
as high as the heavens are above the earth, so
great is his love for those who
fear him; 12 as far as the east is from the west,
so far has he removed our
transgressions from us. Psalm 103:8-12 (NIV)

No Longer Bound
is therapy for your soul

"The Spirit of the LORD is upon Me,
because He has anointed Me to
preach the gospel to the poor; He
has sent Me to heal the broken-
hearted, to proclaim liberty to the
captives and recovery of sight to the
blind, to set at liberty those who are
oppressed..." Luke 4:18 (NKJV)

- ☐ Abortion Recovery
- ☐ Lay Counseling - in the form of Prayer & Support

Counseling Services.

Parenting



Enrollment is continuous
Start anytime!

Contact:
(310) 846-3253

BreakThrough Parenting Classes

- ◇ 10-week course
- ◇ Increase your skills and knowledge as a parent.
- ◇ Promote responsible, thinking and Confident children
- ◇ Learn effective discipline that encourages positive behavioral changes.
- ◇ Only \$30 per Session*

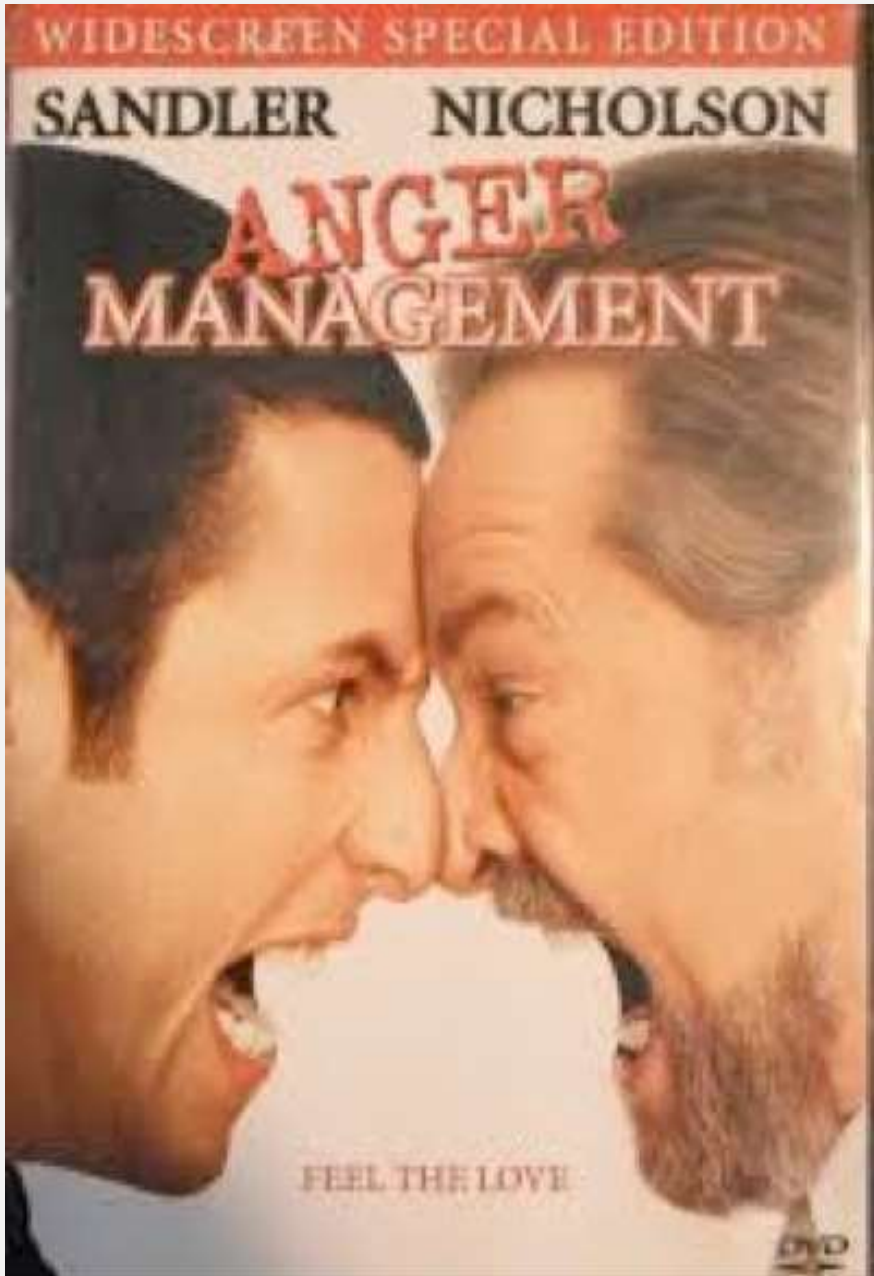
Certificate of Completion Provided

Classes Begin September 16, 2013
Monday's 7:00-9:00pm



- ☐ Parenting Classes
- ☐ High Conflict Parenting Classes

Counseling Services.



AND...

☐ Anger Management

